



Colonoscopy dietary and laxative preparation using Moviprep

So that a clear picture of your bowel can be obtained during the examination the colon must be completely empty. Please follow the instructions below. *These instructions are for those with an afternoon appointment for colonoscopy. Please see alternative instructions for morning appointments.*

Three days before the examination

Eat a diet *avoiding* bran, wheat or oat containing cereals. Also avoid wholemeal bread, salads, fruits, or any food containing fibre, nuts or seeds. Some foods, for example tomatoes, contains skins and seeds and should be avoided.

Suggested food during this time:

Breakfast

Fruit Juice
Rice Krispies / corn flakes / sugar puffs
White bread and butter / seedless jam / honey

Light meal

Lean meat, eggs, cheese or fish
White bread & butter
Plain sponge cake, jelly, ice cream

Main meal

Clear soup
White bread
Lean meat, eggs, cheese or fish
Peeled potato, white rice, pasta
Yoghurt

Supper

Plain biscuits
Cheese
Milk or plain chocolate

The day before the examination

You may have breakfast and lunch according to the low fibre food instructions above. After this drink **only clear fluids** such as lucozade, black tea or coffee (no milk), lemonade, water, orange squash. You can have clear soup (broth) with no solid material within. **No solid food and no milk during the afternoon or evening or the next day until after the colonoscopy.**

At 4pm on the day before the examination take one of the sealed bags of Moviprep from the box. Each sealed bag contains sachet A and sachet B. Pour sachet A and sachet B into a jug and add one litre (1.75 pints) of water. Stir until the powder is completely dissolved. Then drink 2-3 cups of the fluid per hour. It should take about two hours to empty the jug. You may experience mild nausea and a churning feeling in the stomach. Should you find this difficult please stop oral intake for an hour, walk around, then cautiously restart. You may call the hospital for advice from the senior nurse on call.

At 6pm drink an additional 500mls of clear fluid of your choice. This could be a cup of herbal tea or soft drink or just water if you prefer.

On the day of the procedure at 8am take the second of the sealed bags and make up another litre of fluid using sachets A and B as above. Again, drink steadily over about two hours.

At 10am drink an additional 500mls of clear fluid of your choice.

Moviprep can start to work within as little as 30 minutes but can take up to 5 hours to work. Please stay near a toilet. Rarely it may not work at all and in this situation please call the senior nurse at the hospital for advice. Most patients have diarrhoea that settles during the evening. It is not unusual to pass watery motion during the night. Additional diarrhoea usually follows the next day after the second Moviprep fluid. Most patients feel that they have stabilised in good time to allow unhindered travel to the hospital for the appointment. *For early afternoon appointments you may wish to start the second Moviprep earlier in the morning to ensure the diarrhoea is completed before you travel.*

Please take your usual tablets on the day before and on the morning of the test apart from those medications, for example blood thinning medications, that you have been directed to stop for this procedure.

Tips on bowel preparation

Apply barrier cream to your anal area and use soft tissue paper or wet wipes as repeated bowel actions can make you sore.

No alcohol should be drunk the day before or on the day of your examination.

You can eat and drink normally after the procedure.